

Sister Mary's Kitchen

BREAKFAST FOR JADED APETITES—
BY SISTER MARY,
NEA Service Writer.

Spring breakfasts often seem particularly hard to plan. The family appetite is likely to be a bit difficult, and after a few attempts to serve something different and attractive, it's easier to settle down to toast and coffee and trust "to luck" that each member will eat an adequate luncheon.

If your family is not hungry for breakfast, try to choose those foods that concentrate in small quantity the largest amount of nourishment. You will find no better and cheaper source of such foods than in the cereals—and especially the whole grains which must be cooked.

The ready-to-serve cereals most assuredly have their place in the family dietary and are an excellent and important food, adding variety to breakfast menus. However, a small amount of cooked cereal is required to provide the same nourishment found in a larger amount of prepared cereal and furthermore the cooked cereal is much cheaper. Three-quarters of a cup of cooked wheat cereal affords 100 calories of food value, while from one and one-quarter to one and three-quarters cups of ready-to-serve cereal is needed to make the 100 calories.

There may be three reasons for the unpopularity of cooked cereals in many households. The cereal may be unpalatable because it is improperly prepared. Serving it with milk instead of thin cream

TOMORROW'S MENU

- + Breakfast—Baked rhubarb, cereal, cream, crisp toast, milk, coffee.
- + Luncheon—Creamed salmon on toast, spring salad, Norwegian prune pudding, grape juice.
- + Dinner—English beefsteak, pudding, scalloped potatoes, French fried onions, stuffed pear salad, banana cream pie, milk, coffee.

may be another reason it is not welcome, and perhaps not enough sugar is allowed to make the taste pleasing. Lack of salt when a cereal is cooking makes the dish taste flat, too.

Adding Flavor to Cereal

Water for cereals must be rapidly boiling when the cereal is added in order to soften the cellulose and swell the starch grains. It's a good idea to add the salt to the water before stirring in the cereal. Salt added at this time brings out the full flavor of the grain.

Lumps in breakfast cereals spoil them for most people. Most cereals will not lump if carefully and slowly poured into actively boiling water and stirred with a slotted spoon or many-tined wooden fork. Very fine grained meals with a decided tendency to lump will cook more evenly if they are mixed with a little cold water before being stirred into boiling water.

Try cooking cereals in milk or equal parts of milk and water. Both the food value and palatability are increased.

As the weather becomes hot, cereals may be served very cold with chilled cream. Make the day before wanted and turned into individual molds, they should be thoroughly chilled in the refrigerator over night. Served with fresh fruit these molds are very attractive and inviting.

In order to insure the same thickness or consistency of any given cereal, it's a good plan to follow the directions on the package and measure both the water and the cereal the first time it is used. After that personal tastes may be satisfied and the preferred thickness of the cooked dish always attained. Measuring makes it possible to provide the exact amount of the breakfast food needed for each meal and prevents waste.

Left-over cereals always are good if they are molded and chilled and then cut in thin slices and pan-fried. The cereal made with milk browns more quickly and absorbs less fat than if made with water.

Desserts made with milk and eggs and left-over cereals are nourishing. Combinations of cheese and cereal make appetizing and wholesome luncheon and supper dishes, so even if there is some left after breakfast there need be none wasted.

ON ABLUTIONS

From Los Angeles Times
The bathtub, a statistician finds is a thousand times more dangerous to life and limb than is railroad travel and two hundred times more hazardous than air transportation. In the interest of cleanliness, however, it should be pointed out that these comparisons mean nothing at all. There are more than 1,000 baths taken to every railroad journey. Few of us venture aboard a train unless in fair health while we bathe regardless of physical condition. Most bathtub accidents, also, are the result of carelessness on the part of the victim; train accidents never are. One might as well say that sleeping is extra hazardous, because so many people die in bed.

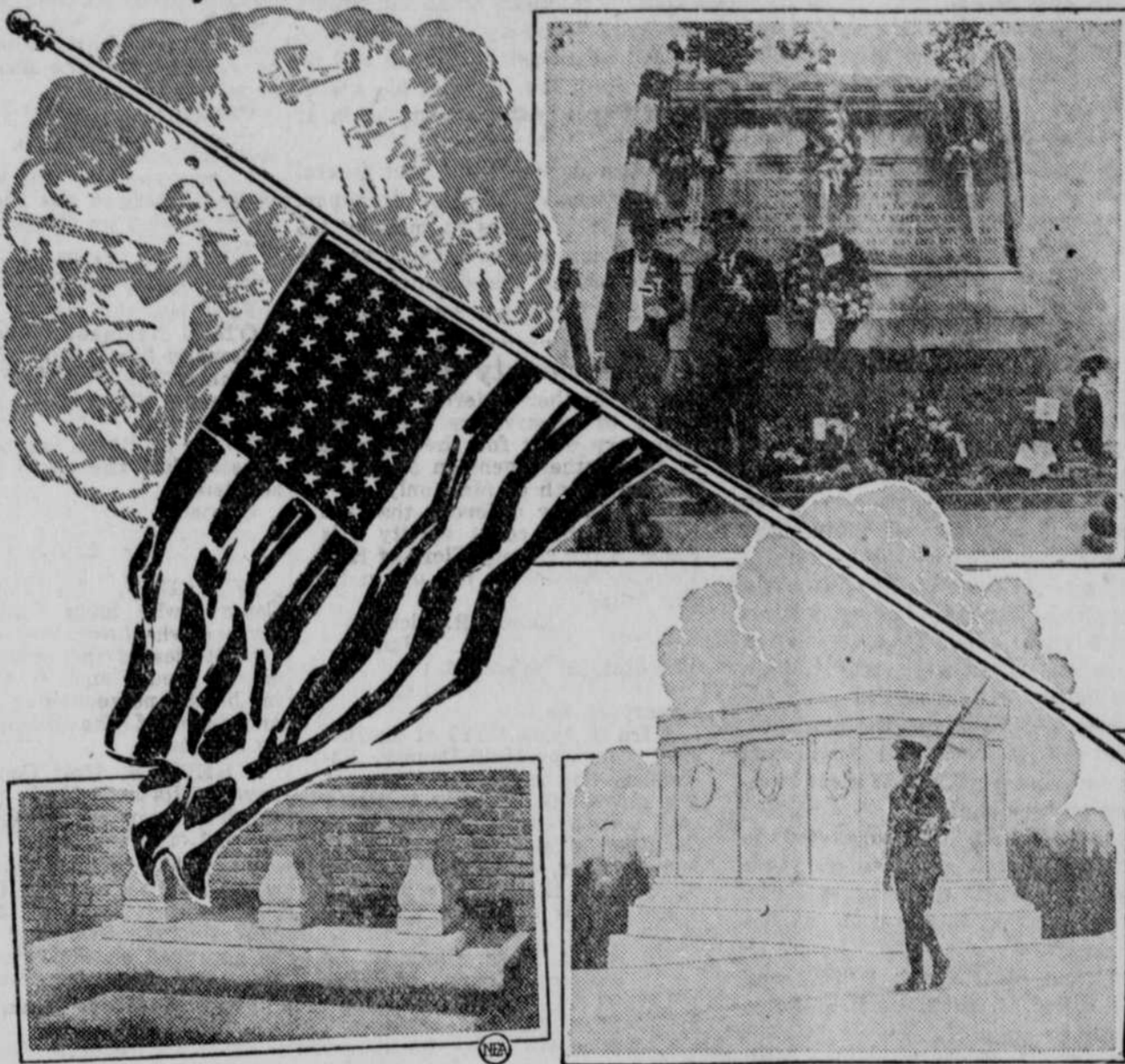
SHOULD WELCOME IT

From Detroit News
One would think the party groups and factions in the perplexed national legislature should welcome the president's offer to take upon his shoulders so large a part of their troubles.

FRENCH DAYLIGHT SAVING

From Hamilton, Ont., Spectator
France has already inaugurated daylight saving for 1932, which seems contradictory to the general belief that there is much more to see over there at night than in the day time.

"... And May Their Sacrifice Guide Us in the Paths of Peace Today"



An Unknown Soldier of the Revolution lies buried at Alexandria, Va., beneath the monument pictured at the lower left. Upper right is the tomb in Arlington cemetery honoring 2,111 unknown Civil War soldiers buried there, and below, the sarcophagus of the Unknown Soldier of the World War, also in Arlington.

SOLDIERS!

They kept their tryst so gallantly
On fading battle-fields,
They knew a courage born of pain,
A strength that never yields,
And as their broken ranks come by,
We raise our prayers again
That we may find the shining Grail
That led the marching men.

That we may raise the flag as high
As those whose hearts were proud
When they went out to fight for truth—
Don't let us walk, low-bowed,
Ashamed because we have not kept
The pledge which brave hearts made,
Help us to conquer wrongs, dear God,
And keep us unafraid!

—HELEN WELSHIMER.



3 Tombs of Unknown War Dead Shrines for Memorial Day Homage



SPAIN'S REPUBLIC ONE YEAR OLD

From New York Post
Spain has just celebrated, with general peace and order testifying to its right to confidence in its new institutions, the first anniversary of the establishment of the republic. If the new regime has so far been unable to usher in a promising era of prosperity and economic progress, neither have the old regimes of any of Spain's sister republics or the monarchies whose ranks she has deserted. "The Republic is safe," was the message of Premier Azana, and in view of the widespread doubts of

the Spanish people's political capacity to govern themselves without a monarchy or a dictatorship, the ability of the premier to make this unchallenged statement may well be a source of pride to his countrymen. Occasionally in the past year there have been reports of royalist activities and of an impending counter-revolt, but a firm government has prevented any threat of serious disorder from materializing. Furthermore, the administration of President Zamora, under the provisions of its "defense of the Republic" law, has been no less zealous in quelling any danger to

the state from Communist or other radical sources. It has steered a sure course between the extremists of both the right and left and set up a new standard of effective liberalism. To the new Spanish republic we extend hearty congratulations in the firm expectation that it will live to celebrate many more happy birthdays.

VOLCANOES AND WEATHER

Eruption of volcanoes in southern South America may result in a cold wet season in that region, if experiences in other localities after volcanic action hold true.

Regaining the Nation's Soul

By R. E. Sherman, Mayor of El Paso, Tex.

"Sweet are the uses of adversity," wrote Shakespeare in "As You Like It." The years of the great depression are bringing this lesson home to the American people. They are learning that, just as the bread of charity is bitter, the fruits of thrift and prudence are sweet. The nation is commencing to know at last what Calvin Coolidge meant when he said: "It is not that I want to save money, but that I want to save the people." One more generation is learning what all generations of the past have had to learn—that it is the simplicities of this life that are its true and durable fabric, and out of that magic warp and woof spring the lasting elements of happiness and satisfaction.

Nineteen hundred years have passed away since St. Paul wrote to the Galatians: "Whatsoever a man soweth that also shall he reap." The old order of seedtime and harvest has found no adequate substitute in the years of civilization that have followed. We, in America, who sowed waste are reaping want. We who sowed folly are reaping need. We who sowed extravagance are garnering a harvest of suffering. We who cried: "Throw away the razor blades, throw away the old car, junk the old radio, demolish the old home," we who carried that thought to the very child in his crib until he threw away the old toy and cried for a new one; we who put that theory and that principle into our economics and into the very fabric of our lives, now cry out in vain to the enchanted hours that have fled for the return of our substance, as in our hour of need we reap the harvest that we have sown.

Today, the people of this land must be and are engaged in a new husbandry. They are sowing the germ of care and thrift where the tares of waste once grew. Habits of saving, so long held up to scorn, are being taught once more. The practice of economy is coming back to its rightful place of honor, and waste receives its just condemnation. In the minds of an advancing generation are being planted seeds of gold. And the harvest will enrich the nation.

There was reason in that cry from Europe, "that in wealth and pride of power America was in danger of losing her own soul." The theory that the way to abolish poverty, ignorance, crime and disease lay in an exalted living standard based upon waste as a perfect complement of industrial consumption was a glittering one. Yet the house of our prosperity was built upon a mountain of sand. For the plan of destruction and disuse, of extravagance and over-reaching entered in, and the fundamentals of moderation, meticulous exactness and all the true requirements of a wise national and individual economy were left out.

If, out of all the welter of unemployment and woe, bankruptcy and suffering, America can regain her own soul, the theories of those improvident years will not have lived and died in vain; they will not have advanced and receded without leaving a fruitful deposit upon our national shores. The rebuke that came with the terrible depression will leave its healthful mark upon American life. As the lost sense of proportion is regained, as the dulled sense of judgment is quickened, and as balance reasserts itself in individual lives, the structure that crumbled in 1929-1932 will be rebuilt in new and enduring form upon the rock of permanence that a chastened people will make sure possesses in its ingenious formation the elements of a sound economy and a national faith.

SPRING HUNTING.

I bought some mushrooms yesterday
From boys that peddled 'round.
They did not taste as good as those
That I myself have found.

An April morning, warm and bright,
On heels of drenching shower—
When cardinals whistle in the woods
And plum trees are in flower.

'Tis then it's time to sally forth
Beyond the beaten path.
To hunt those spongy fairies have
To use in morning bath.

For apropos of mushrooms, friend,
Like game or pretty face,
Man gets the biggest thrill, you know,
From—well, from just the chase.
—Sam Page.

OSARKS LOVELY IN SPRING A Thousand Shades of Color Cover the Mountains

From the Christian Science Monitor
Other mountains may be wilder—other mountains may be more grandly impressive—but, to one Nature-lover at least, none can be more beautiful. Every small canyon is feathered with green in a thousand shades—from that of great oaks and towering pines on the crest where we stand, to the fine moss which softens the depths hundreds of feet below.

The cleared floor of the valley is a many-shaded patchwork, brown plowed fields, misted with the tender green of young corn; the darker green of a cotton patch almost ready for its first "chopping," as the farmers call the thinning of the young plants with the hoe. Peach trees are stitches of pink behind the gray weathered roof of a farmhouse.

In the fringe of woods higher up the slopes are splashes of red-bud, white-dogwood and the white lace of wild plum trees. Bluebirds and cardinals weave the young green with flashes of azure and red, and the sun-flecked silence is filled with the "nesting-notes" of birds, the sweetest notes of all the year.

Splashing creeks shatter the sunbeams at the bottom of every ravine—creeks just settling into clear, talkative little streams after the muddy torrents of a few brief weeks ago. And along their banks the tiny fragrant white cups of the "snakeflowers" are opening in sunny woodland glades; sheep-sorrel is pushing up the myriad red brownie caps of its new folded leaves, and spring beauties are unfurling their pink-striped petals. Over all, against the clean-washed blue of the sky, sail great piled masses of white clouds, dappling the world below with patterns of shadow, ever shifting, dimming for a moment the green of

ANOTHER GOOD SIGN

From Fall River Herald-News
"Customs receipts for the first four months of 1932 at Fall River are about equal to the total receipts for the entire calendar year of 1931." Deputy Collector of Customs Warren C. Herrick said in a statement issued recently.

This is encouraging news. It may be highly significant news. Following past experience, it may indicate that an upward trend in general business will follow the increase in customs receipts. "Importing conditions have always been a good barometer of general business activity," Mr. Herrick says

Linen for Evening



An evening gown of linen is a radical innovation in the fashion world, but the idea has been carried out with charming results in this modish ensemble. The gown, of blue and white linen, is equally smart in the city restaurant or country hotel, and is worn with a jaunty blue velvet jacket, which harmonizes with the tone of the linen print.

the cornfield, the clear pink of the peach tree — then flashing them into sun again.
Always changing, always more lovely — the Ozarks in spring!

Right, But Wrong.

From Answers.
Traffic Officer: Ho, there! You can't drive along here. Didn't you read the sign? This is only for traffic going in one way.
Truck Driver: Well, I'm only one way, ain't I?

and he speaks from long association with the service.

Of course the increase here may be balanced by a decrease elsewhere, the local gain merely representing a shift in customs entries. But even if that is the case, it is good news to Fall River, for it means greater activity here with tangible benefits to the community as a whole.

Moreau of Louisiana State university has broken the Southern occurrence record of 15 seconds for the 120-yard high hurdles. He touched the timbers in 14.7 this spring.